

## Things to Remember

### Safety Tips

- When lifting supplies (whether office, event, or display) always ask for help. Use the two-person rule (the buddy system).
- Plan events with enough time to ensure safety (no rushing!). Always have a backup plan.
- When packing supplies for an event, always keep safety in mind:
  - Use a dolly to carry boxes to and from your vehicle.
  - Use boxes with handles if possible and ensure that what you pack in the box and the way you pack the box in your vehicle is secure. Some injuries occur while driving because sudden stops or turns cause the contents in the boxes or the boxes themselves to shift.
  - Wear a hat, sunscreen, and sunglasses for protection against sun exposure that could lead to cancer.
  - Bring drinking water to stay hydrated and ward off heat exhaustion.
- Always have a current First-Aid Kit. The kit won't be much help if its contents are expired. Also ensure that the kit includes gloves and masks.

### Off-Site Events

List of offsite events CER either coordinates or participates in:

- |   |   |
|---|---|
| ➤ LANL Foundation Bowl-a-thon                 | ➤ Fourth of July Pancakes on the Plaza      |
| ➤ Community Days in Santa Fe                  | ➤ Los Alamos Chamberfest                    |
| ➤ Santa Fe Fiestas                            | ➤ All Bradbury Science Museum events        |
| ➤ Española Spirit Day                         | ➤ Bradbury Science Museum Science on Wheels |
| ➤ Española Fiestas                            | ➤ All Protocol events                       |
| ➤ United Way Kickoff                          | ➤ Lab Day at the Legislature                |
| ➤ United Way site events                      | ➤ State of the Lab Addresses                |
| ➤ Safety & Security Days                      | ➤ Santa Fe Business Expo                    |
| ➤ Volunteer Recruiting<br>(e.g.Lunch Buddies) | ➤ Northern New Mexico Business Expo         |

### CPR-Certified CER Employees

Name	Group	Location	Telephone Number
Bettie Bedell	CER-30	Bradbury Science Museum	667-8676
Mark Hartman	CER-30	Bradbury Science Museum	665-6158
Jeannette Mortensen	CER-30	Bradbury Science Museum	667-1501
Elizabeth Watts	CER-30	Bradbury Science Museum	667-3157
Peggy Vigil	CER-20	Oppenheimer Study Center	667-8448
Christine Weaver	CER-20	Oppenheimer Study Center	667-9436

## Lessons Learned:

### Avoid Tripping Hazards

- At offsite events, we often set up tents and signs. This set up includes tent pegs or tent stakes protruding from the ground as well as ropes to secure everything. Be aware of and rectify any tripping hazards.

### Mitigate Immediate Health Hazards

- Many offsite events are out of doors. Be aware of people who look as though they are suffering from heat stroke, sunburn or high altitude sickness. Have drinking water and sun screen readily available. If possible, provide a shady location for people who may need to rest out of the sun.

### Practice Safe Driving

- Be alert and careful when driving. Use the CRO Safety Committee Drive Naked Campaign :
  - ◆ **N**o electronic distractions.
  - ◆ **A**lways buckle up.
  - ◆ **K**now the rules of the road.
  - ◆ **E**xpect the unexpected.
  - ◆ **D**on't Drink and Drive.

### How do I access training information?

Safety Topic	Contact Name and Telephone Number
For safe lifting, overuse, and general safety	Cindy Lawton, HSR-2, 667-0495
For CPR certification and general health and safety training	PS-13 Training, 667-0059 or website at: <a href="http://eshtraining.lanl.gov/">http://eshtraining.lanl.gov/</a>
Smith Safe Driving Course	PS-13
First Aid Kit	Fisher Scientific catalog.
The BSM Dolly	See website.

**Emergencies:** Call these numbers for all emergencies including, fires, explosions, bomb threats, terrorist attacks, accidents and injuries.

Emergency Calls	911 or 667-6211
PTLA	667-4437

**Non-Emergencies:** For non-emergencies, please contact your Facility Coordinator.